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Recycling & Creating Space

with Supervising Hoffman Facilitator Jeremy Kynaston

zoom

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7.30-9.00pm UK

Hoffman Institute UK

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Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Supervising Hoffman facilitator Jeremy Kynaston, and will focus on Recycling.

Jeremy will revisit the 'what' and 'why' of Recycling, emphasise its importance, and then lead you through some Recycling. He'll also talk about how new behaviour reinforces our connection with our Spiritual Self, hence creating more space to be ourselves. There'll be some time for questions.



What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **hoffmaninstitute.co.uk/post-process-website**

Patterns

- Adopted directly from parent: Mother/Father/Surrogate
- Learned in Reaction or Rebellion to parent: M-R / F-R / S-R

Pattern		Positive Quality & New Way of Being
<i>Self-doubt (at work)</i>	M	<i>Confidence. White, luminous, sparkly energy. I approached my project with more energy, confidence, and excitement. I felt playful when sharing my ideas with my colleagues – we were laughing and having fun while brainstorming. Everyone was engaged and felt included in the process.</i>

Recycling and Pre-cycling Instructions

Step 1: Identify the Pattern and Scene

- Close your eyes. Take a breath and become present to your Spiritual Self.
- Bring to mind the pattern you are Recycling. Recall a recent situation where that pattern was active in you.
- Experience yourself in that scene in this moment. Let the scene play out and really get a sense of how this pattern is hurting you and how much you want to be free of it.
- Now tune in to what it's doing to your Body. Take on the posture of that pattern in this moment. Let yourself fully embody what it's like to have this pattern in you.
- As you are taking on the somatic shape of this pattern, now exaggerate it. Turn up the dial by 10%. Feel what this is like.
- Now place your hand on your Body where you feel the energy of this pattern most intensely. Keep your hand there. Take a deep breath.

Step 2: De-Energise and Transform

- With the hand that's on your body, reach in and take out the pattern. Hold it in both hands. Notice the colour, shape and size.
- Start rubbing your hands together. Feel the energy and heat; the pattern is being transformed into something luminous. Pull your hands apart and look. What do you see, sense, feel, hear and smell? It may be simply luminous energy. This is a message or quality from your Spiritual Self.
- Gently place this luminosity into your Body, right where the energy of your pattern resided. Gently hold your hands there on that place. Allow the healing energy and luminosity to fill that space and begin to expand into you.
- As you take this luminous energy into your Body, notice how you feel. What are your sensations? Allow this energy to expand within you, filling you from head to toe and out to your fingertips. With each breath you are filled more and more until you are filled with the essence of your Spiritual Self.
- As you breathe, take on the posture of this way of being. Fully embody the presence and aliveness of your Spiritual Self.
- Turn up the volume 10%. Really take it on.
- What quality or qualities of being are you experiencing? This is you, your Spirit, your authenticity.

Step 3: Experience

- Return to the original situation, with this new way of being. You are an embodiment of your Spiritual Self – authentic, alive and present. Experience yourself moving through the scene from this new way of being. Move through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.

Sand & Waves Recycling/Pre-cycling Instructions

Step 1: Identify the Pattern and Scene

- Close your eyes and name the pattern you are Recycling or Pre-cycling.
- Think of a past or future problem situation where that pattern was or might be present, and experience what you feel, think, or do in that situation and let the scene play out.
- Using your hand as a scanner, locate where this pattern lives in your body, and place your hand there.

Step 2: Trace Pattern

- Trace the pattern back to see how you learned it in your childhood and how your parent(s) learned it in their childhood. Just get a sense of this.

Step 3: De-energise and Transform

- Now visualise yourself standing on a beautiful sandy beach next to the ocean.
- Using your hand, pull the pattern out of your body and throw it onto the sand in front of you. Notice if the pattern has a shape, color, scent, or texture. You might even experience it spelled out in letters written on the sand.
- As you look up, experience a powerful wave come rolling up over the sand, washing away the pattern and bringing with it a positive alternative. Receive the authentic alternative – trust whatever you see, sense, hear, feel, or smell. You might even go into the water to receive the alternative.
- Embody the authentic alternative. Allow it to fill your body, and notice your sensations. What quality of being does it bring? Allow your body to reflect this new quality of being.

Step 4: Experience

- Now, filled with this new quality of being, return to the original problem situation.
- Experience yourself moving through the situation embodying this new energy inside of you. Notice how your experience of the situation shifts. This can become the model for future behavior under similar circumstances.
- Open your eyes and write down the Authentic Quality.

Seeds & Flowers Recycling/Pre-Cycling Instructions

Step 1: Identify the Pattern and Scene

- Close your eyes and name the pattern you are Recycling or Pre-cycling.
- Think of a past or future problem situation where that pattern was or might be present, and experience what you feel, think, or do in that situation and let the scene play out.
- Using your hand as a scanner, locate where this pattern lives in your body, and place your hand there.

Step 2: Trace Pattern

- Trace the pattern back to see how you learned it in your childhood, and how your parent(s) learned it in their childhood. Just get a sense of this.

Step 3: De-energise and Transform

- Using your hand, pull the pattern out of your body and place it in the air in front of you. Your Guide holds open a transparent bag. You pull the letters out of the air and toss them into the bag one by one, then your Guide holds the bag shut.
- The letters struggle to get out of the bag, but your Spiritual Self sends laser beams of energised light into the letters. They fall dead to the bottom of the bag. Your Spiritual Self intensifies the laser beams and presto! The letters transform into tiny, sparkling, fertile seeds.
- Toss the seeds into an open fertile field and, instantly, beautiful plants and flowers spring up, bringing you the authentic alternative.
- Receive the authentic alternative – trust whatever you see, sense, hear, feel, or smell.
- Embody the authentic alternative. Allow it to fill your body and notice your sensations. What quality of being does it bring? Allow your body to reflect this new quality of being.

Step 4: Experience

- Now, filled with this new quality of being, return to the original problem situation.
- Experience yourself moving through the situation embodying this new energy inside of you. Notice how your experience of the situation shifts. This can become the model for future behavior under similar circumstances.
- Open your eyes and write down the Authentic Quality.

Personalising Recycling/Pre-Cycling

Step 1: Identify the Pattern and Scene

- Close your eyes and name the pattern you are recycling or pre-cycling.
- Think of a past or future problem situation where that pattern was or might be present, and experience what you feel, think, or do in that situation and let the scene play out.
- Tune in to what the pattern is doing in your body. Take on the posture of that pattern in this moment. Now exaggerate it, turn it up by 10% – make it dramatic. Feel what this is like.
- Place your hand on your body where you feel the energy of this pattern most intensely.

Step 2: Trace Pattern

- Trace the pattern back to see how you learned it in your childhood and how your parent(s) learned it in their childhood. Just get a sense of this.

Step 3: De-energise and Transform

Step 4: Experience

- Now return to the original situation as an embodiment of your Spiritual Self. Experience yourself moving through the scene and notice what it's like. What do you feel? How does it change the scene? Let it play out from this new way of being.
- Open your eyes and write down the Authentic Quality.

Recycling: Frequently asked questions

Q: I can't think of a scene.

A: Ask your Guide or Spiritual Self to show you one. After the Process, this usually isn't a problem since the pattern will have just occurred.

Q: My Intellect answers first.

A: Thank it and ask it to watch, as something interesting will happen. Your Intellect is doing what it knows how to do. In Recycling, you're seeking wisdom from your Spirit.

Q: I can't see the message.

A: Be patient, take a breath. If you don't see it, notice what you sense, feel or hear. You can also ask your Guide to tell you.

Q: The message doesn't make sense.

A: When that happens, it's a clear indication that it is not from your Intellect but from your Spirit. Get in touch with the sensation that the message gives you and apply that to yourself in the situation.

Q: What if the message is the literal opposite of the pattern?

A: Sometimes the literal opposite is appropriate. If it works, accept it. If all the alternatives are the literal opposite, it could be your Intellect rather than your Spirit. If you are not sure, Recycle again and see what comes up in the message the second time.

Q: The situation is the same as before.

A: There are a few things that could be happening:

- Make sure you apply this alternative to yourself, not the others in the situation.
- The situation you chose may not have the pattern in it that you're Recycling.
- There can be more than one pattern in a situation. Identify all the patterns and bash, dialogue and Recycle them, see how the situation shifts.

Q: I Recycled and the pattern keeps coming up.

A: Not all patterns are equal, some take more work than others. Keep taking the nutrients. Also, we often use the same pattern in more than one way. Use the situation in which it comes up to Recycle it again.

Or it may be part of a powerful Vicious Cycle that you have not yet identified. Do an Elevator about patterns that are driving it. Bash, dialogue and Recycle them.

Q: Do I need to Recycle a pattern more than once?

A: Not necessarily – see above. Taking the nutrients - i.e. allowing yourself to strongly feel the sensation and New Behaviour again - helps form a new pathway in the brain.

Q: Do I have to remember the positive message?

A: Your emotional brain can remember for you. However, it is worthwhile integrating that with your conscious Intellect.

Q: Can I Recycle without bashing and doing the dialogue?

A: Yes. If, however, it does not have a lasting impact, you may need to bash and do the dialogue and then Recycle it again.



Thank you!

Thank you for taking part in the webinar. You'll find an audio recording to guide you through Recycling at hoffmaninstitute.co.uk/recycling-pre-cycling

Now you're an expert at Zoom, we look forward to welcoming you at future online workshops and events. Visit: hoffmaninstitute.co.uk/post-process-website or remember to keep checking our newsletter for details.

We'd also like to thank Jeremy for hosting this webinar.

You can now book one-to-one Hoffman coaching with Jeremy (and with other members of the Hoffman UK facilitator team) via our website: hoffmaninstitute.co.uk/book-hoffman-coaching

We're working remotely, but you can still get in touch:

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